

Pain

Cancer and cancer treatment can sometimes cause pain, but it's not something you have to suffer through. There are various options to help relieve pain.

TRY THIS

Track your pain. Keep a diary and log the details of your pain throughout the day.

Talk to your health care team. Many different medical treatments can help relieve pain, including both pain medicines and non-drug methods.

CHECK THIS OUT

Visit the Springboard page on Pain.

<https://smokefree.gov/springboard/symptoms/pain>

Learn more about pain (<http://go.usa.gov/xxJsw>) and managing cancer pain (<http://goo.gl/azpZuf>).

Get this chart to help you keep track of your medications.

<http://goo.gl/9ONNF4>

Watch a video on cancer pain management. <http://goo.gl/QVRzbj>